



Help, I Want to Get Pregnant!

Balance. Harmony. These are significant things that we all desire to achieve. We work hard in our daily lives to achieve balance between work and play, diet and exercise, professional and personal life. If we are able to achieve this balance, we become truly happy and flourish. Our physical body is no exception to this concept. When we look at our body's physiology, we see that each individual system desires balance, and functions at an optimal level when balance is achieved. Our reproductive system is one of the systems that thrives when it is in harmony and balance.

Our reproductive cycle is controlled by many different hormones. The key hormones secreted into our body to regulate our menstrual cycle are luteinizing hormone, follicular stimulating hormone, estrogen, and progesterone. If these are all in balance, we are able to ovulate and ultimately conceive. Harmony and balance. But just as in our daily lives, many situations and occurrences can disrupt this harmony and balance. Stress, diet and exercise are just a few factors that can upset harmony in our body and cause our menstrual cycles to be irregular.

At the Center for True Harmony, we are dedicated to working with individuals who need to find balance again in their lives. We can evaluate your irregular menstrual cycle and get to the root of the issue in order to restore balance to your body and your life. Having a baby is such a precious miracle. Through acupuncture, hormone balancing and true commitment to you, you will be able to experience this miracle.

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